



GEAUGA FRESH FARMERS' MARKET

Come and experience all Geauga County has to offer.

OPEN SATURDAYS
May 10 - October 2014
9:00-12:00 noon

Located in the South Russell Village Hall
Parking Lot, corner of Bell St. and Rt. 306

Visit our Web Site:

<http://www.geaugafarmersmarket.com>

June 1, 2014

Great weather for a week straight. We have waited long enough for this, so make sure you enjoy it. This weekend starts the beginning of the Farmers Market in Chagrin Falls. This is now their 5th year, and we are proud to say we have figured out how to co-exist with a competitor so close. It just goes to prove, the desire for fresh produce locally grown is great enough that both markets continue to strive. I just urge you to know what you are getting, and know your growers. To give an example, I want to tell a little story. Most of the strawberry vendors at our market are either certified organic growers, or use organic principles. One of our vendors does use a water based product to help prevent insects. A customer came to the market late last year, and didn't get any of the organic strawberries. She didn't want to buy the strawberries that weren't organic, so she said, "I will just go to Chagrin's Market tomorrow and get strawberries there." Now I don't know if she was just trying to give the market a little jab because we ran out of organic berries, but I went to the market in Chagrin Falls on Sunday. There is only one strawberry vendor and they had a very large supply. I asked about their farming tactics. They used the exact same water based chemical to prevent insects. I don't tell this story to make a spectacle of the customer or to endorse one market over the other. I tell it to urge you to know your vendors and the practices that they use. The people selling you product at any market should know how the products are grown and what techniques are used in its growing. Let's plan for great markets in both Chagrin Falls and South Russell serving the area for many years to come. Please, approach our farmers as experts in the products that they grow. Ask them about how to store, prepare, or use any of the products at the market. Ask them about their practices. You would be surprised about the experts at Geauga Farmers Market every week.

Have you had an opportunity to meet some of our vendors.....

Great Lakes Spices has some phenomenal spices to add additional flavor to your food. These blends of spices add great flavor to steaks or chicken while grilling. But can also be added to sour cream for a creative dip or sprinkled on chips to turn basic potato chips into a custom flavored chip. There are suggestions for seafood, pork seasoning, pasta sauces, popcorn, or French fries. Chris Wagner, of Great Lakes Spices offers gift boxes now with his five blends of spices. The website greatlakesspices.com offers so many phenomenal suggestions, its worth visiting and stocking up today.

Crooked Kettle Popcorn Company is a new vendor this year, and definitely got my attention last week with their red, white, and blue kettle corn for Memorial Day. I feel we are going to be treated to some creative corning from this great new asset to our market. Make sure you stop into their tent to pick up a bag of Kettle Corn. It's a great snacking option for your next event.

GEAUGA FRESH FARMERS' MARKET MEMBERS - 2014

Aurora Springs
B Sweet Baking Co.
Blue Jay Orchard
Chelsea Flower Garden
Chagrin Valley Crepes & Smoothies
Crooked Kettle Popcorn Co.
Dorsel Finn Farm
Endeavor Farm
Fowl Play Farm
Grace's Green Garden
Great Lakes Spices
Hawthorne Springs
Greenhouse
Hershberger Produce
Jack's Mountain Orchard
Jarz n Bars Ltd
JLynn Creations
Little Wing Woodwork
Maple Crest Farm
Maplestar Farm
Messenger Century Farm
One Great Nut
Pheasant Valley Farm
Precious Resources
Preschool
Ridgeview Farm
Rock Valley Run CSA & Greenhouse
SAND Farm LLC
Santee River Farm
Sirna's Farm & Market
Simply RAD Granola
Stacey Lee's Sugar & Spice
Storehouse Tea Co.
The Olive Scene
Two Ponys

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Asparagus Souffle

1 bunch fresh asparagus, cut into 1" pieces
1/3 cup finely shredded cheddar cheese
1/3 cup mayonnaise
1/4 cup chopped onion
1 egg white

Steam asparagus for 6 – 8 minutes, drain & allow to cool. In a large bowl, combine the asparagus, cheese, mayonnaise & onion. In a small bowl, beat egg white on medium speed until soft peaks form. Fold into asparagus mixture. Transfer to a greased 2-1/2-cup baking dish. Bake, uncovered, at 350° for 20-25 minutes or until lightly browned. Serves 2.

Cranberry Spinach Salad

1 tablespoon butter
3/4 cup almonds, blanched and slivered
1 lb fresh spinach, torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup white wine vinegar
1/4 cup cider vinegar
1/2 cup vegetable oil

In a medium saucepan, melt butter over medium heat. Cook & stir almonds in butter until lightly toasted. Remove from heat, & let cool. In a large bowl, combine the spinach with the toasted almonds & cranberries. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, & vegetable oil. Toss with spinach just before serving.

Cooking Tips for Grass-Fed Meat

- 30% less cooking time
- When using meat thermometer, remove meat from heat 10 degrees before desired temperature then low meat to rest 8-10 minutes before serving.
- Marinate meat for several hours to make product more flavorful and tender.
- Always marinate in the refrigerator, then bring to room temperature before cooking.
- Begin searing meat for a few minutes to seal in juices, then reduce heat to finish.
- Remove from heat before you think it's finished. Retained heat will allow meat to continue to cook.

Chicken and Rice Soup for Slow Cooker

1/2 cup uncooked wild rice
1/2 cup uncooked regular long-grain white rice
1 tablespoon vegetable oil
5 1/4 cup Chicken Broth
2 teaspoon dried thyme leaves, crushed
1/4 teaspoon crushed red pepper
2 stalk celery, coarsely chopped (about 1 cup)
1 medium onion, chopped (about 1/2 cup)
4 skinless, boneless chicken breast half (about 1 pound), cut into cubes
Sour cream and chopped green onion (optional)

Stir the wild rice, white rice and oil in a 3 1/2-quart slow cooker. Cover and cook on HIGH for 15 minutes. Stir the broth, thyme, red pepper, celery, onion and chicken in the cooker. Reduce the heat to LOW. Cover and cook for 7 to 8 hours (or on high for 4-5 hours) or until the chicken is cooked through. Serve with the sour cream and green onions, if desired.

Sausage and Peppers Over Rice

2 green peppers sliced
1 red pepper sliced
2 onions sliced
3 cloves of garlic, sliced
1 lb. Italian or Polish sausage in pieces
2 large tomatoes diced

Cook the onion in oil, add the peppers, then add the garlic, then the sausage and last the tomatoes. Optional: add some pepper flakes. Cook and serve over rice.

Spinach Salad Supreme

1/4 cup vegetable oil
2 T red wine vinegar or cider vinegar
1 teas sugar
1 teas finely chopped onion
1 teas finely chopped green pepper
1 teas minced fresh parsley
1 teas ketchup
1/4 teas salt
1/4 teas ground mustard
1/4 teas paprika
2 cups torn fresh spinach
1 hard-cooked egg, sliced
3 bacon strips, cooked and crumbled

In a jar with a tight-fitting lid, combine the first 10 ingredients; shake well. Divide spinach between two serving bowls or plates; top with egg and bacon. Drizzle with dressing. Serve immediately.

